

LAURENT



lambda

VOLUME 14. No. 6

Thursday October 23 1975

Francophone Students Act

Francophone students at this city's community college have organized to fight what they see as a lack of concern for Francophone students' needs and rights on the part of local and provincial administrations.

The group of Cambrian College students, tentatively called the Francophone Students Committee, say their grievances relate to both "internal and external" matters.

On the external, or provincial level, courses which are promoted in the calendar as being taught in French are in fact taught in English, and there is an extreme lack of French-language reference material in the college library, according to committee member Richard Pajulnoma. In addition, the calendar is misleading as to which courses and programs are French and which are bilingual, he said.

The distinction between bilingual and French programs is essential, because of the different job opportunities the two programs offer, said Pajulnoma.

The lack of French-language reference materials makes studying difficult for students who are forced to consult English language texts for courses taught in French, he explained. Additional problems are experienced because the French materials originate in Quebec, in a dialect different from that spoken by Cambrian College's predominantly Ontarian Francophones.

The students presented these grievances and demands for their resolution to the provincial

community college administrative body, the Board of Regents, when they visited the campus last week.

The demands also included grievances of local nature, noting that although Cambrian was defined as a bilingual college, "all signs and services" were in English only.

There are no French cultural activities on campus from either the administration or the Students Administrative Council (SAC), said Pajulnoma after the presentation. He described the Board of Regents' response as "favourable".

Although he described the SAC as anglo-dominated, Pajulnoma said the council is offering "all the support they can."

He said the committee, which will continue meeting in the future, and has plans of forming a permanent body, would work towards affiliation with SAC. The Francophone students do not wish to see a split between themselves and the Anglophone students, as is the case at neighbouring Laurentian University, he said. Last year Laurentian's Francophone students seceded from the Students General Association forming l'Association des Etudiants Francophones.

Ontario Federation of Students fieldworker, Marilyn Burnett made arrangements to maintain contact with the Francophone students.



CAMBRIAN COLLEGE, BARRYDOWN CAMPUS

BUS SERVICE IMPROVED

At the last SGA meeting this Sunday at 2:00 p.m., it was announced by Ted Kirk, Vice President of the SGA, that bus service to the university will be improved. This announcement came in response to a petition circulated by Ted and other council members to the student body and submitted to the City Council. This petition was for special Saturday service to the Four Corners to enable students to do their shopping. Better total service was also discussed at the meeting.

In response to the petition the transportation committee reported to Mr. Kirk that the normal Saturday bus will be re-routed to cover the Four Corners. This service will

come into effect next Saturday starting at 9:30 a.m. until 5:30 p.m. and buses will be re-routed through Four Corners going both ways. Ted was also informed by the transportation committee that it was not necessary to go through City Council, but that he could have gone directly to them. However, about this Ted had his doubts.

Many of the Council members felt that this was not enough but a few expressed the feeling that it was a good start on what might be a long road to realistic bus service to the campus.

Mike McWade, SGA President felt that it was a significant point for the students that

both the President and Vice President Administration Fast Eddie and Spike respectively went to bat for the students with the transportation committee and personal friends on City Council.

UNIVERSITY LIBRARY EXTENDS HOURS

Beginning October 24th, 1975 the University Main Library Science Library will be extending their hours from 5:00p.m.

The Library Administration took the move on a two month trial basis at the request of the Senate Library Committee.

Two students, S. Noble and T. Kirk sit on this committee.

LAMBDA*

LAURENTIAN UNIVERSITY, SUDBURY, ONTARIO.
MEMBER - CANADIAN UNIVERSITY PRESS.

Editor: Linda Fex
Co-Editor: O'Tucky MacLean
Typesetter: Pearl Samuel
Sue Gingell

Lambda is the student newspaper of Laurentian University. It is published weekly mid-September to mid-March by Lambda Publications, an independent association of the students of Laurentian University.

All opinions are those of the editorial staff unless otherwise stated.

Letters to the editor must be typed and cannot be printed unless signed with address and telephone number. Pen names will be accepted only if just cause can be shown for them.

thank this week go to
dan keeton for his
valuable time and advice.
to eileen as usual for all
the usual things...to
everybody for everything
and to some for none...
a conference, a party...
several and late again
for no reason...except...
the last remaining post...
abolished...abandoned
but the mail will go on
through anything but
a strike...chris and mike
reluctant page fellows...
paul and sue...pearl...ot...
dan and hopeful hairy...pat...
des...coffee with sga mike...
chaos... absolute...utter
and complete...at last...
good night.....

Editorial Page

This morning a girl came into our office and submitted a six paragraph article. We read it, bounced it around amongst ourselves and then told her as tactfully as we could that it wasn't going to be printed. Incredible, aghast, infuriated etc. she left. So to her and to you we present the following.

Every week we receive more material than we can possibly print. What follows is a process of elimination where said submissions are sifted weighed, considered and finally selected. The remainder is irreverently termed the cream of the crap--what appears week after week on these pages. If your offerings are typed, it gets in prior to Friday, it gets past the second hurdle.

If it is topical relevant and coherent, it is worshipped and layed out on Sunday. Leave your name and phone number on each submission. We reserve the right to edit out and shorten overly copious material; if possible an attempt to consult you is made. No one has a reserved space in this paper, consequently regular features may at any time be suspended at the caprice of the staff. Letters should not exceed two hundred words--we have found anything beyond this reads like the prologue to a thesis.

CROSSTALK: BENEFIT

Dear Lambda:

I would like to announce the first winners in this year's "Laurentian Does It Again" awards.

The first winner consists of all those Laurentian students who have been complaining for weeks that we don't have enough dances on campus. These students were so grateful and glad to have a dance finally on Saturday night that a whole 140 of them showed up! This has to be a dead cinch for "THE INGRATITUDE OF THE YEAR" Award.

The "HYPOCRITE OF THE MONTH" Award goes to a certain member of the SGA who made a comment at Sunday's SGA meeting regarding the pathetic attendance at the dance. And where was that person the night of the dance? ...Ever hear of the Voyageur Pub?

The award for "COMPLAINERS OF THE MONTH" goes to all those students who have complained to us about the Francodiscopubs, and who have yet to do something about them, namely bombard Mr. Paul Menard with letters petitions etc. the only route that can be taken to have these pub nights cancelled.

Finally, the "TURKEYS OF THE MONTH" have to be the students of the School of Social Work. Their full-bodied support of

a benefit dance for one of their own students was really something to see. Unfortunately we couldn't see it.

I'm sick of hearing complaints about the SGA. Perhaps if students would support the SGA's projects we'd be able to do a better job.

Sincerely pissed off,
A. Irons, SGA.

SOCIAL WORK

To the Students and Faculty of the School of Social Work.

Saturday night's "Help us find Jane Smith Benefit Dance" was a complete flop thanks to apathy exhibited by the LU students in general and the students and faculty of the School of Social Work in particular. Considering Jane is a social work student more support had been expected.

As it was, the number of social work students present could be counted on the fingers of one hand. What is more some of them were working (for free).

We realize that the whole Jane Smith affair is a controversial subject with some of you but

we are never going to find her by sitting back and waiting.

We also realize that you may have been doing other, more pressing things Saturday night but your presence might have been felt in other ways - for example, a contribution. Mind you, the Social Work Student Council must be commended for contributing \$50.00 to the fund. But what about the rest of you?

Maybe we need a second chance to prove our interest and concern.
Sabina Remondi
Judy Sandul

COMMENT

J. Paul Dugal

For going on 3 years now many fellow students and myself have had numerous complaints concerning this university. One of the most frequent is the lack of good, live entertainment. Due to my involvement in both LAMBDA and the SGA, I have listened to a great many

of these complaints and not without some agreement as I am also very fond of live entertainment.

The majority of these complaints always come from the same group of students, and I'm sure they will know to whom I'm referring. And it is to those hypocrites that I address this letter.

Last Saturday, October 18th the SGA sponsored the Help Us Find Jane Smith Benefit Dance. Only 144 persons attended and of these, approximately 113 were non-students. Alright, bitches, where were you? At Sha Na Na - yes, many were admittedly there. In fact it would be nice to use this as an excuse as to why the dance flopped because no-one could really be faulted for wanting to see a group of the calibre of Sha Na Na. However I know better. On my one short break from behind the bar, my wages of which are being donated to the benefit fund I wandered down to the pub. And do you know what I found? You! You apathetic S.O.B.'s...sitting there on your asses guzzling beer, bitching as usual. Well, from now on take your bitches to someone else... because I'm only listening to people who listen. So screw off!

LIBRARY

To the Editor:

In the October 16th edition of LAMBDA, Richard Hoffman in-

quired about plans for the second floor of the Library Tower after the Bookstore had vacated its existing quarters there.

A quick answer is that the area will be turned over to the library. We hope to move as much material as possible from the fifth floor down to the second, while at the same time, providing more adequate reading facilities for students. (The fifth floor, incidentally will remain with the library, and will be used, among other things for the storage of less-used materials.)

The move to the second floor is tentatively planned for late December--although that is conditional upon the arrival and construction of the shelving units.

Watch LAMBDA for further details.

...Andrzej H. Mrozewski
Chief Librarian

FRANCOPHILES

I was swimming at the Laurentian pool last Saturday night during public swimming hours and witnessed (needless?) folly. There were a number of French children running and jumping off the towers while

the lifeguard yelled into his microphone, giving instructions to deaf ears. Had the lifeguard known some French - not any harder to learn than swearing - this wouldn't have happened. And had the pool's rules been written in French, situations such as this would not arise.

So I went to see Doctor Wallingford to vent my feelings. He was cordial and promised to remedy the situation. He said the issue had never been

brought to his attention before.

While I am talking about the Physical Education facilities, I would appreciate it if there was more initiative on your part to encourage French as a poster and advertising language, as a teaching and administrative language in the PhysEd complex.

I would like to commend the younger employees on their growing willingness to make an effort to understand their French brothers.

Raymond Lalonde.
Please send me comments!

Take note that not all letters received can't be printed due to a lack of space. It is entirely up to the staff which will be used. If a point is well made have faith that your letter will be printed... perhaps not immediately, but in the next issue.

* Staff:
There will
Be a Staff
meeting at
2:30 PM Fri.
Important
that you all
be there!!!
The Editor

* Those who
have worked
regularly on
the issues up
to now!!!

"For me, good food
and a good beer go together.
That's why I ask for Heineken.
It's all a matter of taste."

Heineken
It's all a matter of taste.

Cartridge

ARM THE MOOSE!

Should we give moose guns? If animals shot back, would hunters then strut confidently into the woods in search of game? Would hunters then brag manfully about their prowess in the Great Outdoors and call themselves 'sportsmen'?

Every year a ritual of murder takes place - laughably called the Hunting Season. At this time we seem to believe that only our own species is sacred and that all others are expendable. In other words we are not only viciously prejudiced against 'different' races within the human family, but outside of it we are even more intolerant. We are simply not willing to grant other animals the same right to exist which we unconsciously assume for ourselves.

It seems that 'sportsmen' go into the bush to test their 'manliness' or their human limitations. Those who go simply for the pleasure of killing are not 'human' in any known sense of the term. Hunting, however, appears to be the only safe and democratic way of releasing one's psychopathic urges. But there must be better and less cruel ways of 'testing' oneself or of directing aggression. For instance in

hiking mountain climbing, or perhaps sky-diving one can test one's limits without a mindless assault on nature. And there are equally good ways of releasing aggression in competitive sports. If a player gets his head cracked in a hockey match perhaps at least some lucky animal might be spared the miserable condition of dragging itself wounded through the woods.

If we do not put the rest of creation on an equal footing with ourselves, or, at best respect non-human species, the trend appears to be irreversible. Barring destruction of himself Man will eventually become the sole creature left on the planet.

Notice already how keen zoo-keepers are in collecting 'wild' animals to gratify our idle curiosity as spectators. The march to extinction is well underway.

Arm the moose! Train them to shoot back! Hunting is a cowardly 'sport' with all the advantages on the side of the hunter. In an affluent society such as ours hunting is as irrational as it is unnecessary.

Pat Burns
Ron Boivin



Meanwhile they keep availing their restless kingdom -excuse me, I mean campus. They consult the S.G.A. (whose president's Mike McWade for those of you did not know) which this year is one of the best representatives the administration has had to the students in years. The S.G.A. is one of those intelligible or-

ganizations who hire students for security at \$2.00 an hour so that the administration will not hire men at \$3.50 an hour.

Sheriff Hennessey, his Loyal side kick dormant rise and security keep an eye on the vassals (it is rumoured that he has a list of suspected bad vassals) waiting for the first cry of "Viva Libre."

Meanwhile, across the forest in a cramped room, a small light of intellectuals burn contemplating truth justice and the welfare of their fellow students while surveying the ivory tower.

Le. R. Stutholm

K Å O S

LET'S LOOK AT LAURENTIAN

What is the vision of Bureaucratic conservatism that extends back before the stone age? (more liberal times came with slavery). You guessed it everyone--Laurentian University, our perfect example of feudalism--something of which Richard Nixon would be proud.

Our illustrious president his greatness the Mona Khan, who may have taken this democratic title because royalty is unpopular in this day and age, rules from an ivory palace or should I say tower. He rules with resourcefulness and a handful of administrators (whom it is rumoured are versed in the works of Nabis, Napoleon, Machiavelli, all the president's men and the wizard of Id); these (lords) men administrate a vassal student--professor populace with the "golden rule" attitude -"He who has the gold makes the rules" (a quote from Id).

These Administrators pass on the Imperial orders to inspire great happenings such as the building of wash away walkways, grass cutting keeping up the production of swill in the kitchen, and a total monopolization of all student food facilities pubs and parties. Thank heavens for capitalism and the philosophy of "keep them happy while they pay through the nose."

Desperado
Mike Hodgson

WHO'S TO BLAME?

I am very pleased that people are beginning to publicly vent their anger in concern with the failure of the recent dances. The failure (to many the heartbreak) of the "Jane Smith Benefit Dance" brought a new wave of angry letters directed at the anathy of the student.

It is sad, however, that these vocal individuals attack the wrong group. To cast shame over the whole student population is terribly wrong.

The people who totally bungled it...who will/ who have/ who always bungle it...the student governing body...the S.G.A. These incompetents produced the embarrassment of last Saturday night.

How can two competing events (the pub and the dance) ever hope to survive when vying for the coins of 2 000 perspective customers. One has to fail.

It is really not very much of a competition, at that. Look at the choice:

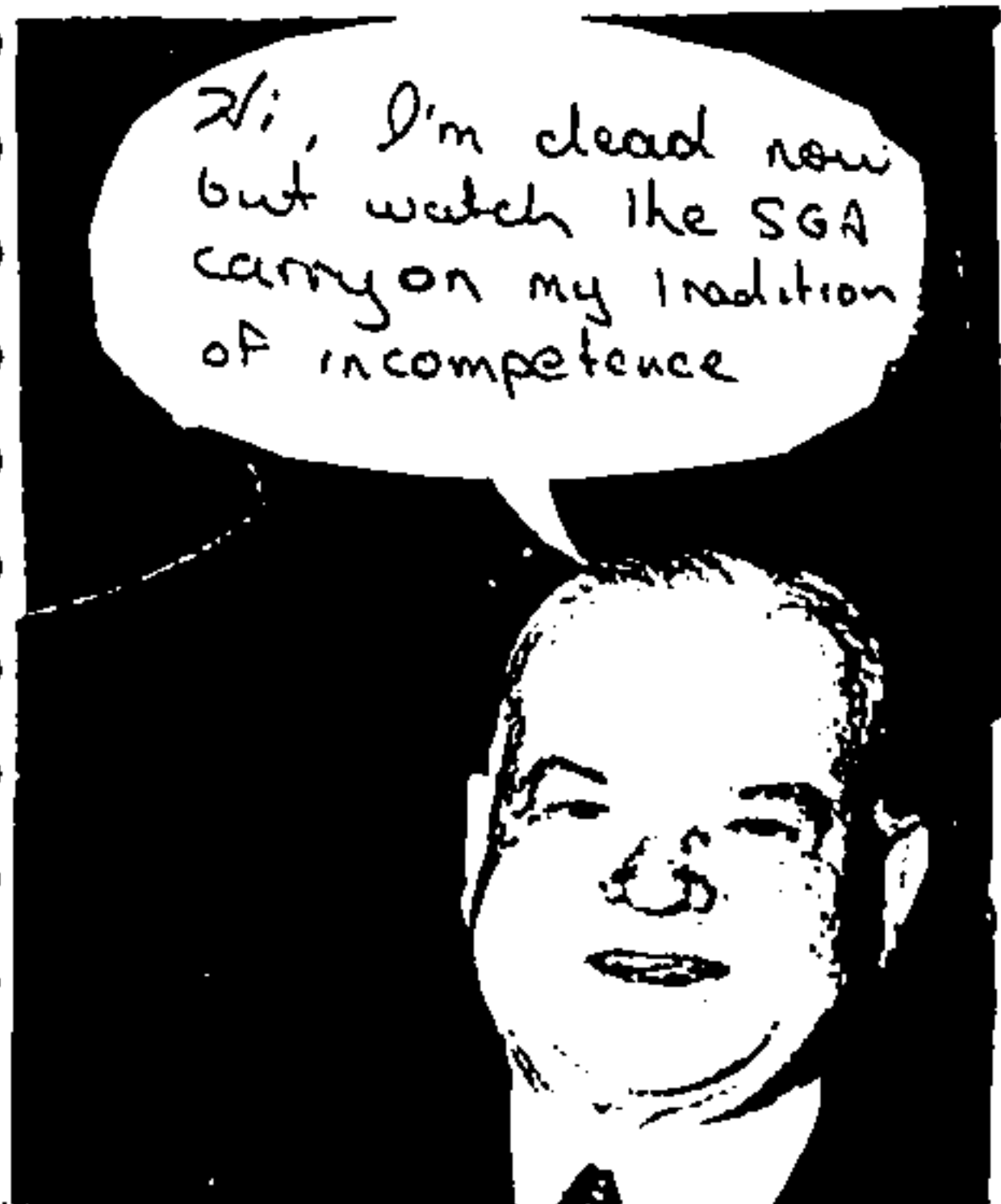
	Pub	Jane Smith Benefit Dance
Entrance Fee	Free	2 bucks
Beer	Cold	Usually warm, poor selection, paper cups
Music Provided	Usually danceable i.e. Doo-bies, etc.	"Bacharach, Sinatra and some fast numbers"
Turnout	Always a fair crowd	150 if you're lucky

Where would you go to have a good time?

Which one will be losing money?

The SGA should be arranging during dances an alternate atmosphere in the pub. Non-dance material could be played for example Neil Young, Cat Stevens Murray McLaughlin, Joni Mitchell etc., etc. This would mean rockers could dance in the Great Hall! Non-rockers would have a place to shoot-the-shit play chess etc.

The SGA has the power to make these things click...but do they have the brains?



THE LIBRARY REPLIES

by
ASHLEY THOMSON

This column will be based on questions received by the Laurentian University Library. Your questions are welcome.

Q: Why a library column?

A: For many persons the University Library is a confusing place--understandably. For one thing, it is the largest library in North Eastern Ontario, containing well over 300,000 items, including not only books but also more unfamiliar material such as periodicals, government publications, maps and microforms.

For another, much of this material may not be located directly through the card catalogues. To get at it, people have got to use indexes, abstracts and bibliographies, tools many had never heard about.

Even the card catalogues are confusing. Unlike many libraries, Laurentian has separate Author, Title and Subject catalogues--which means you've got to decide what you want before you try to use them. What makes matters more confusing is that the subject Catalogue is unlike that of any other university libraries' much less like the ones that are available in school and public libraries.

For, instead of going directly to your subject, you've got to go first to the Subject Index, get a classification number and then go to the main body of the catalogue, where the subject cards are filed accordingly to class number.

No wonder people get confused. And yet it's too bad. Because, for these who have learned how to use it, the university library is a gold mine that can provide the type of information that will raise a C paper to an A.

It's been proven.

Hence this column--to interest people in their library to show them what the library had to offer, and to help them use their library better.

Q: What day of the week was I born (February 23, 1957)?

A: Saturday. This information comes from the perpetual calendar in the 1975 Canadian Almanac and Directory.

Of course, the Canadian Almanac contains a lot more than this. In it, you'll find specific information on municipal and territorial government officials, lawyers, judges, court officials, salutations and forms of address, lists of chartered banks, post offices and railway stations, newspapers and periodicals, associations and societies, schools and colleges. There is also general information on a wide range of useful subjects such as postal rates, income tax and financial statistics.

The over 50,000 index entries are updated annually.

Oh yes, to get a hold of the Canadian Almanac, go first to the Title Catalogue. Find its call number (located in the upper left hand side of the card). And note that the card itself is covered with a plastic slip labeled Reference which means you'll find the almanac on the first floor in the Reference Collection.

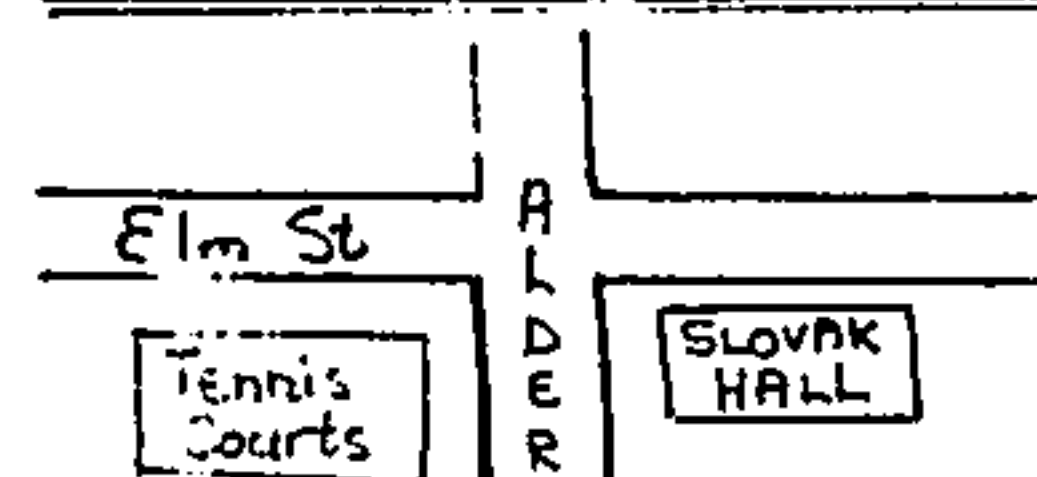
A big night is in store for all Commerce students Friday, October 24. This is the date that has been set for the Commerce Stag and Wine and Cheese Party. Both events promise to be a cheap night's entertainment. The Stag is open to Commerce students and one guest. The Wine and Cheese Party is closed to everyone but Commerce.

The Stag is an annual event and has acquired quite a reputation. Watch for posters, for more information. The Stag is being held at "The Slovak Hall" on Alder Street. The admission is \$2.00 a ticket and the action starts at 8:00 p.m.

The Wine and Cheese Party is being held in the Games Room on Student Street. Admission is \$1.00 per person and the doors will open at 7:30. For any girl who plans to drink more than one bottle of wine, bring your own.

A special welcome goes out to all first and second year students, so come out and support these events. Advance tickets can be bought from your class representatives.

How to Get to Slovak Hall



DON'T BUY OUR RYE JUST BECAUSE OF OUR BOTTLE.

FOOD SERVICES
BY J. Paul Dugal

This Sunday, October 19, the SGA heard a report from Council member Judy Sandul on her investigation into Food Services. Ms. Sandul informed the council that the Health Services department is supposed to make monthly checks of the quality of the food on campus. It has been brought to light that checks have not been made since July. The investigation has resulted in numerous persons being negligent in doing their jobs, especially the health services department. Ms. Sandul reported that there will be three checks made this month and after that, checks will be made every month. Council members were instructed to return to their constituents and find someone to take reports of food complaints.



BUY IT BECAUSE OF ITS SMOOTH, MELLOW FLAVOUR.

the Phenomena of

PART 3

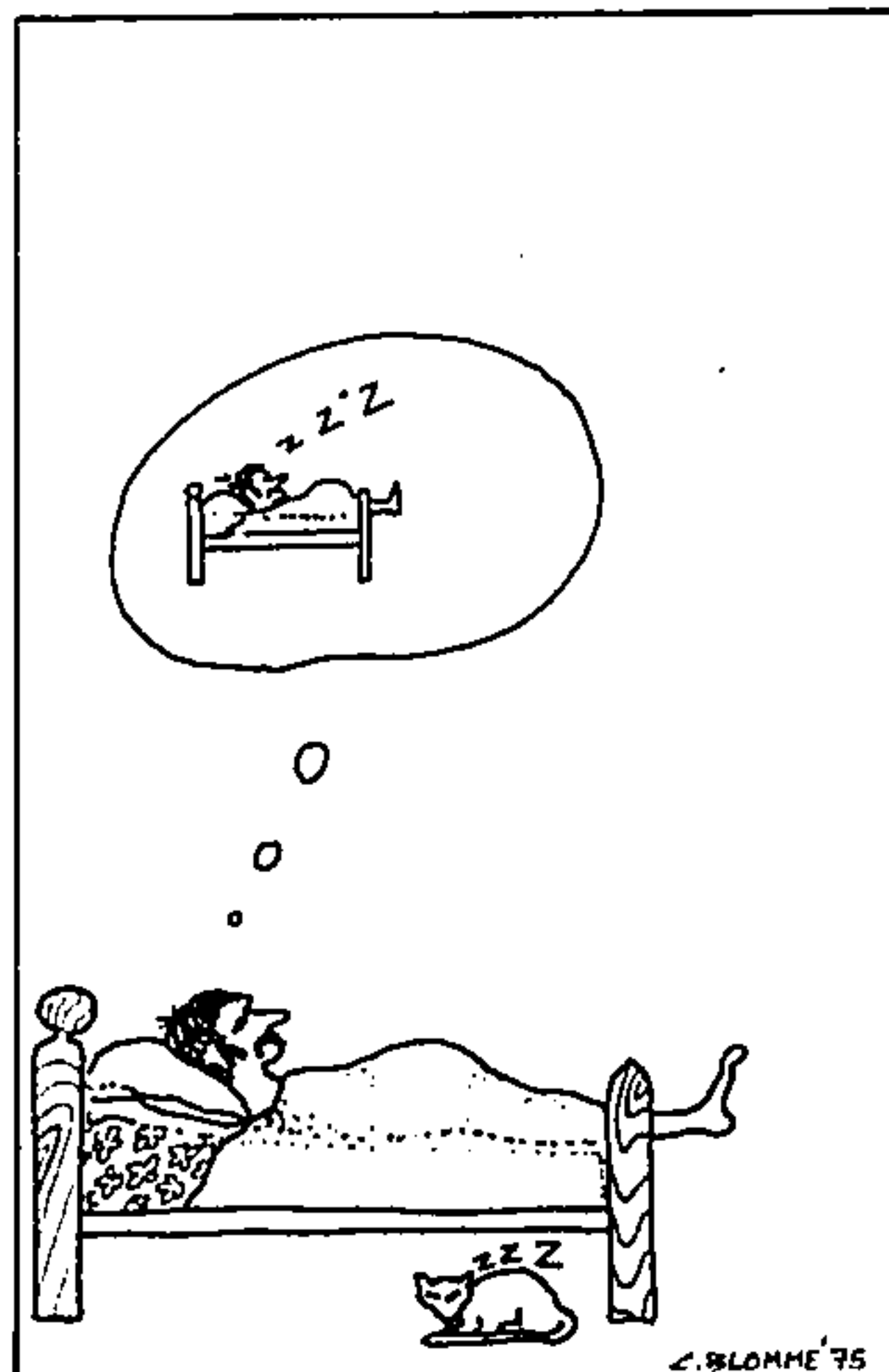
"DREAMING

A. B. LAKSHMAN

Dreaming is a natural process and it is essential to good health - physical as well as mental. Dreams have been defined in a number of ways: as illusions produced by an involuntary activity of the mind during sleep; protectors of sleep; part of fantasy life; wish fulfillments and so on. One researcher considers the dream itself as a manifestation of low grade thinking!

Dreams have entertained, terrified, solaced and mystified mankind since the beginning of time. Much stress has been laid on the content of dreams, but very little to none on the processes that go on inside the dark chamber of the skull of a dreamer. A great deal of civilized behavior consists in not doing what comes naturally. In dreaming it is not so.

The physiological state of dreaming is defined as the occurrence of rapid eye movements with Stage-1 sleep. Even though scientists say that dreaming occurs during REM sleep, there are reports that some dreaming occurs during NREM sleep.



EVERYBODY DREAMS, EVERY NIGHT

Dreaming begins at a few months of age. As we grow we less frequently and less clearly. The dreamiest time of life appears to be in the early twenties. Dreamtime become less from the age of fifty. Under the influence of sleeping pills or alcohol, dreaming is markedly reduced irrespective of age.

According to recent evidences, dreaming begins in a small area of the brain stem called Pontine tegmentum. It is likely that norepinephrine is also involved in the dreaming process.

DREAM CYCLES

We begin dreaming an hour or so after we fall asleep. After the EEG patterns swing back to Stage 1, from Stage 4, the body prepares the way for dreaming characterized by some body movements. When you climb back to Stage 1, the brain functions as actively as in the most alert waking state. This is the 'emergent phase', lasts for ten minutes and the dreaming begins. A dream lasts anywhere from ten to thirty minutes. Each dream lasting longer as the night goes on. There are four to five dreaming episodes during each night. Between dreaming periods usually there is a 90 minute "break".

REM dreams are usually longer, more vivid, more dramatic and more emotional, while NREM dreams tend to be the opposite. However, NREM dreams are more believable and more concerned about current problems. Due to much action and too much of details, the REM dreams need hundreds of words to narrate, while the NREM dreams are described in few sentences.

A two year old dreams for about 30% of his sleeping time.

Most adults utilize 20% of the sleeping time in dreaming.

DREAMS OF THE BLIND

Persons who are blind from birth dream but do not exhibit rapid eye movements. They cannot see things in their dreams because they have no conception of what color is. Try explaining to a blind person how "red" looks like. They can hear, smell, feel in their dreams as they do in wakeful life. People who become blind dream and experience as before.

DREAMS IN COLOR

There seems to be no doubt that we dream in color. But most of us recall our dreams in black and white! Many studies indicate dreaming in color is the rule rather than an exception. The three prevalent colors in our dreams are red, green and black. When recalling the dreams, women invariably report in color than men do. People over 50 years of age have fewer dreams in color.

What is the significance of a technicolored dream? Comparative studies have shown that color in dreams is merely an embellishment, signifying nothing extraordinary. However, most 'neurotics' always dream and recall in vivid colors. On the other hand normal women often "see" strong colors in their dreams during premenstrual days.

WHY DO WE FORGET OUR DREAMS?

Why do we recall so little or nothing about the hours of imagery that occur each night? There are many factors which affect recalling, among others are repression, poor learning & retention and neurophysiological conditions. Repression usually occurs from waking and other activities. Poor recalling is poor learning. Because the material could be bizarre or unfamiliar or the presentation is non-representative. Neurophysiological state of the brain indicate that the brain must be ready to receive and incorporate material in the form of stable memory molecule(s) to recall it later.

Current theories emphasize that memories are unique protein molecules which the "educated" nerve cells synthesize. Excitation causes a change in the nerve cell physiology (chemistry) and a new

sleep and dreams

protein is synthesized during dreaming. The new proteins "print" a pattern, which, when reactivated by a functional stimulus, the "printed matter" in the brain can be read, i.e., recalled or remembered. The rapidity with which most of our dreams are forgotten - indeed never remembered at all - appears to be that the memory molecule is too transient (or unstable) to leave an imprint on the ball of wax (brain) in Socrates' terms!

WHO DREAMS WHAT ?

We seem to have a minimum of three dreams a night, but we can have as many as nine. People with low I.Q. dreams no less than those with very high I.Q. Dream contents of women are different from those of men.

Women dream mostly of familiar people & places, and pay attention to facial details, clothing, jewelry and household objects, while men often dream mechanical gadgets, tools, weapons and money. Men show more physical aggression in their dreams while women usually report being victims of others aggression. Among the children, majority of dreams contain animals - spiders to tigers. Pregnant women often experience terrifying or apprehensive dreams concerning their pregnancy and about their child being deformed. Many are reluctant to discuss them. During the premenstrual days, women's dreams include anatomical structures and often wake up suddenly while the dream is progressing.

About 15% of men's and 8% of women's dreams are sex oriented. Men mention sex dreams involving physical activity. Women are more likely emphasizes emotional reactions related to sex. Majority of men experience orgasm during erotic dreams. Orgasmic dreams are not so frequent among women although married women frequently report reaching climax. Sex dreams are caused by the build up of sexual tensions which are not released during the wakeful life.

Many factors influence our dream contents - physical ailments, viewing an exciting TV show at bedtime, sleeping in a strange place etc., Events of the preceding day seems to be the dominant factor.

Daydreaming is a real part of our daily life. Some call daydreaming as 'vivifaction'. REMs and EEG indicated that the

Daydreaming makes us creative, thus helping in self-development. Pleasant daydreams can soothe as long as one is at proper place and time (definitely inappropriate while driving an automobile).

NIGHTMARES

Nightmares should not be mistaken for 'night terrors', which will be discussed in a forthcoming article on the Disorders of Sleep.

Etymologically, the 'mare' of a nightmare is not a horse but a fiend - an incubus or a succubus - who was supposed to oppress people during sleep. A dreadful dream is not necessarily a nightmare. Feeling of crushing weight on the chest, sort of immobility in the limbs and breathing difficulties, could well arise from gaseous distention, pressuring upon internal organs. An excessive meal of cabbage or radish or others which increase the basal metabolic rate (BMR), expanding against the diaphragm muscle might be felt in a dream as a giant sitting on the chest. Some children refer as the 'bogey man'.

The essence of a nightmare may not be troubled digestion, but usually panic stricken dreams. There is a brief inhibition of motor activity and feel paralyzed, unable to move or fight off the smothering ominous thing. Finally the dreamer awakes screaming in a cold sweat and the heart beating wildly. Nightmares are caused by anxiety and fear. They are prolonged dreams, some lasting for 20 minutes. In severe cases the individual needs some professional help.

EFFECTS OF DEPRIVATION OF DREAMS

Since there appears to be substantial amount of dreaming in every sleeping person, it might be asked whether dreaming has any psychophysiological role in our existence? What happens when dreaming is completely or partially suppressed? Studies on dream deprivation are scant and the results are nonconclusive. Main reason being that most of the volunteers didn't stay till the end of experimentation. Most of the volunteers left the study in a flurry only after three nights of dream deprivation. Some quit the study in panic, presumably the stress was too great because the researcher woke him up as soon as the REMs and EEG indicated that the

QUIZ: SLEEP AND SLEEPWEAR

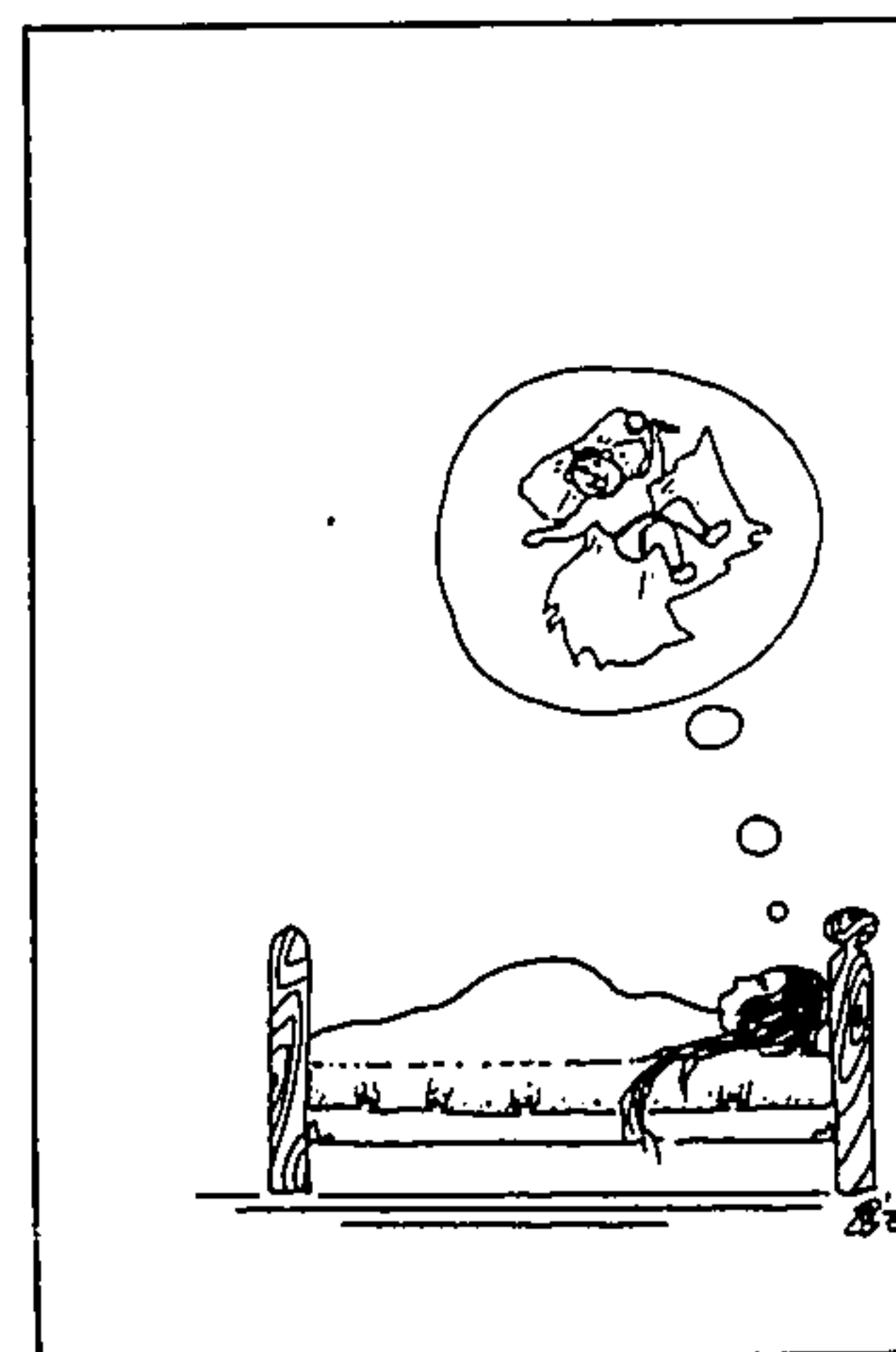
Majority of sleep researchers recommend the best way to go to bed is:

- (a) with a heavy sleepwear covered all parts except the face
- (b) a soft flannelette type of the right fitting type
- (c) any kind of clothing, even underwear
- (d) 'nothing on' (as nature made us).

P.S. The correct answer to the previous quiz is (b): couples when separated do not sleep well for quite some time.

volunteer began dreaming. Such repeated awakenings 'drove the volunteers crazy'. However, some studies indicate that when dreaming is deprived, psychological disturbances such as anxiety, irritability and difficulty in concentrating were quite common, but not catastrophic. The psychological changes disappeared as soon as the volunteers were allowed to dream. It is obvious that a certain amount of dreaming each night is essential. Dreaming is the 'normal psychosis' and it permits each and every one of us to be quietly and safely insane every night of our lives!

Interpretation of Dreams, will be discussed in the next article.



INTERNATIONAL

WEEK

The fourth annual International Week--October 26th to November 1, plans to be a week of educational, cultural and social interchange. The executive and members of the International Students Organization have been working very diligently to make International Week 1975 an affair that all will remember.

A full slate of activities have been planned with you--

the student-in mind. International week starts with the symbolic multireligious service on Sunday and gradually picks up momentum with an International Variety Concert on Sunday evening. Activities continue with a dance on Monday evening, a hockey competition on Tuesday and a ping-pong competition and Judo exhibition on Thursday evening. There's a Halloween dance on

Friday evening. Tapers down to a taper on Saturday. Not only has been planned, but that during International Week, you will be trying to get to know the lands. All Caribbean meals will be served day to Friday.



On the same day at 7:30 p.m. the I.S.O. presents the International Variety Concert. Highlights of the show will be performances by the Hellenic Dancers of the Greek Community of Sudbury, the LaSalle Secondary School Stage Band, Caruso Club Choir and Dancers the



Sunday, October 26th at 1:30 p.m. in the Fraser Auditorium. there will be a multi-religious service consisting of the members of the world's major religions. Coffee and donuts will be served following the service.

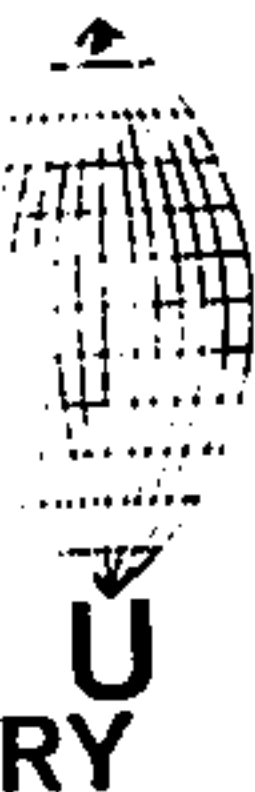
Veselka Dance Group, the Shamrock Club Dancers the Romunele Dance Group, the Finnish Senior Citizens Club and the Finnish

K

1975

ing and activities
to a film festi-
day.
activities have
for your enjoy-
is appropriate
International
ve the opportunity
shes from other
rian Canadian.
oriental and Greek
e served from Mon-
y in the pub.

WEEK 1975



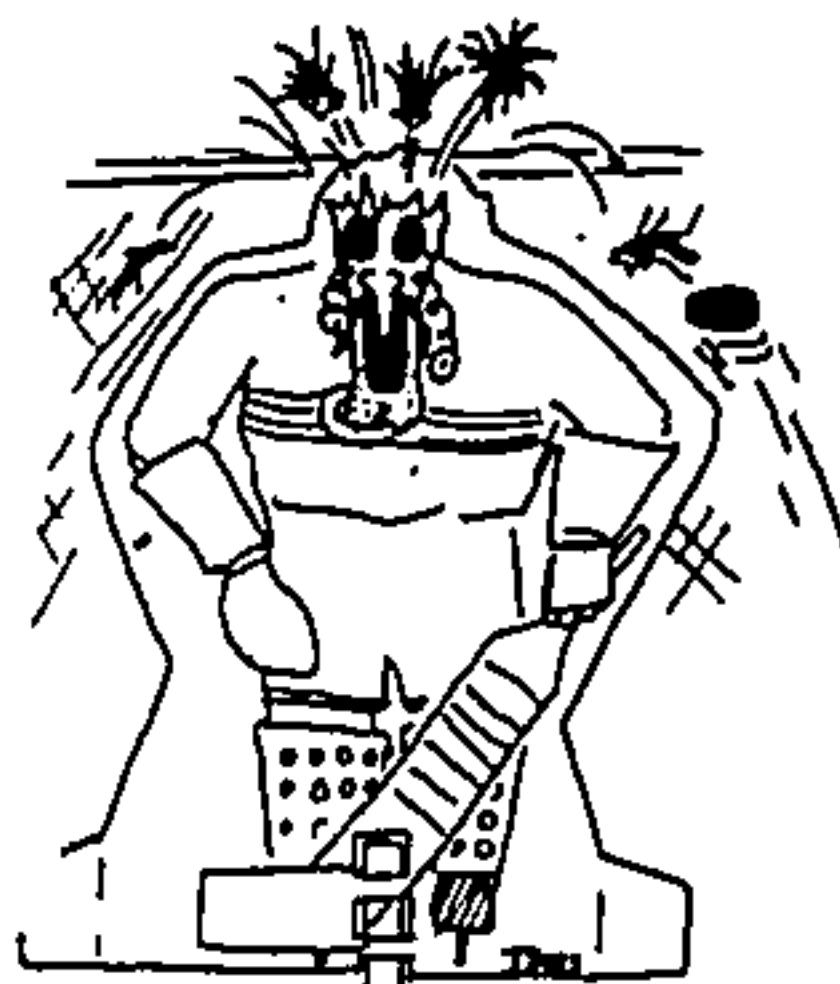
UDRY

listen and dance to the sounds
of the Sudbury Bierfest Om-pa-pa
Band. Those of you from around
the Sudbury area, are surely
familiar with this group. Ad-
mission to this event will be
\$1.00 for all students.

For the first time, there
will be a day dedicated to Can-
ada. Tuesday, October 28th,
will be that day. The day in-



of DAWN



cludes Canadian meals served in
the pub during lunch hours and
hockey competition among the
various colleges and schools on
campus. The competition takes
place at Bell Grove Arena from
11.00 a.m. to 4.00p.m. A tro-
phy will be awarded to the vic-
torious team.

On Wednesday, Caribbean day,
we hope to have a panel discuss-
ion comprised of ambassadors.
The topic would be a non-poli-
tical one. Activities for this
day are subject to change on
cancellation. More specific
information about this day later.

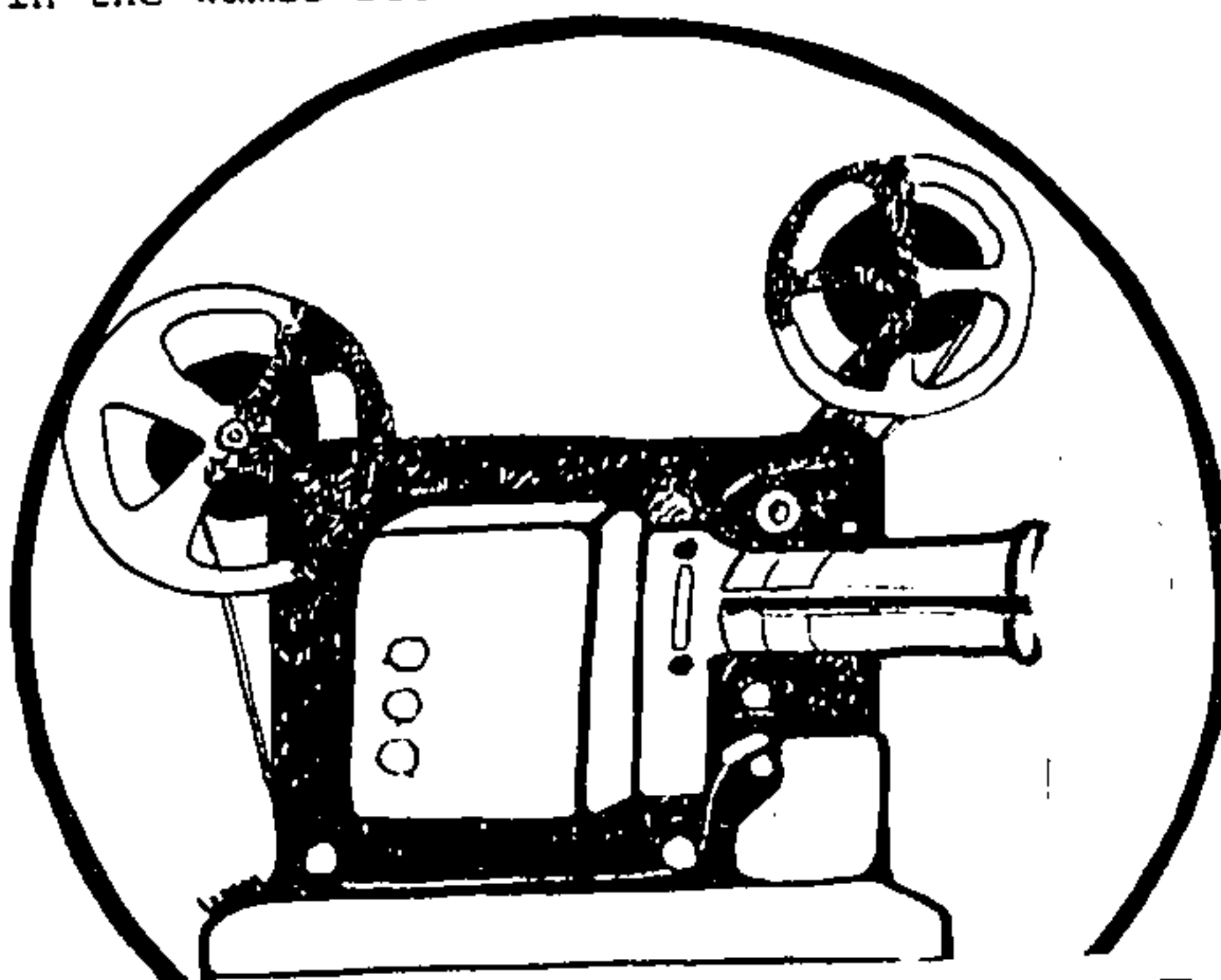
As for Thursday, which we
have depicted as Oriental Day
there are two interesting and
exciting activities planned.
At 7-30 p.m. in the games room

G24 Student Street there will
be a ping-pong competition and
following that, there will be
a judo exhibition by the Ni-
pissing University College Judo
Club. The members of this group
have been together for a long
time and they plan to put on
a really good show.

Friday is the highlight of
International Week. At 9.00p.m.
in the Great Hall the I.S.O.
presents "CRACK OF DAWN." The
group consists of 3 very talented
guys from the West Indies and
various parts of Canada. They



are fantastic and you shouldn't
miss them. Admission to this
dance is \$1.50 for I.S.O. mem-
bers, \$2.00 for other students
and \$2.50 for non-students.



FILM FESTIVAL

Saturday will be a little
more relaxing with a film fes-
tival. Here the stress is on
quality. The film festival
starts at 8:00p.m. and runs un-
til 2:00a.m. in the Teacher's
College Auditorium. The films
include: A. Spys--a comedy
starring Elliot Gould and Donald
Sutherland.
B. Dirty Marv and Crazy Harry--
starring Peter Fonda and Susan
George

C. Wayward Bus--starring Jane
Mansfield. This film is along
the lines of Earthquake and The
Towering Inferno.

Unbelievably as it may see the
admission to this event is only
\$1.50 for I.S.O. members and
\$2.00 for non-members. So come
on out and have an enjoyable
time. It's a real treat to see
3 top rated films for such a
low price.

A NEW DIRECTION?

Last Friday evening an interesting event took place in the Sudbury Library auditorium. There, Mr. Joseph Bean, Director of d'Hunafa, gave a lecture titled "The Idea of Reciprocal Worship". Only about a dozen people showed up, and without exception, appeared to be sympathetic to what the speaker had to say.

What Bean had to say was interesting in itself but the circumstances surrounding his talk were much more so. Last April, Bean founded a School (or what some might call a commune) near Bruce Mines. At present it consists of 15 persons -- 12 adults and 3 infants. Apparently Bean and his group are trying to implement in northern Ontario the teachings of Gurdjieff, a Russian mystic and philosopher who died in New York in 1949.

Gurdjieff elaborated a practical system of self-improvement based on the gnostic principle that 'Man is asleep'. He also established a 'school' as a pre-condition for disseminating his ideas. He apparently believed that Man was entering a new phase of evolutionary history which would give him control over his future - particularly his inner or spiritual destiny.

Furthermore, a select few might anticipate the unfolding of Evolution by adopting rigorous methods invented by Gurdjieff to enhance consciousness. In his system Gurdjieff postulated four stages of evolutionary awareness in Man. These were the Sleeping state which included most of mankind, the Awakened, the Self-conscious, and the Objective conscious states.

Joseph Bean, the Director of d'Hunafa, (the name of his school) appears to be a third generation follower of Gurdjieff. In fact he is a student of J. G. Bennett who was a close friend and disciple of Gurdjieff. After Gurdjieff's death, Bennett founded a school in London England, to propagate the teachings of his master. It was called the Institute for the Comparative Study of Philosophy, Religion and the Natural Sciences.

From his lecture, Bean appeared to be concerned with the spiritual survival of mankind. His stated aim was "to prepare people to serve the whole world." "Evolution", he said "must become conscious - self-observing and self-knowing." The basis for change must be based "on the transformation of oneself." The speaker added: "We need training, practical work on oneself, information and groups."

According to Bean a "shock" is necessary to step up the human consciousness. The 'shock' catalyst can be achieved by forms of self discipline or what he called "a recognition of a restriction in one's consciousness of passions."

Bean and his group appeared to be pursuing laudable ideals.

At one point in his discussion he said: "We're working for the survival of mankind in a polluted world, to make certain food and help is available to those who need it." He then added that "the work of a life becomes the recognition of service and the performing of that service." Apparently Bean did not have too much faith in the continued existence of our civilization but he was by no means a prophet of doom.

Bean appeared to be a cheerful and dedicated individual. Apparently he came from California where he studied Zen Buddhism, Christianity, as well as the thought of Gurdjieff. According to Bean, he wants to encourage the development of "a warm-blooded society" on the basis of self-development and concern for the individual-together with the spirit of cooperation. He criticized the activities of those who "flipped out" in the Sixties from a desire for revolution. "Crazies" Bean declared, "indicate the ill-health of the world. They are irrelevant to evolution."

Bean and his friends have set up a school which he admitted was somewhat 'monastic'. On the other hand he stressed a concern to prevent his school from becoming totally isolated from society at large. Starting next March 20th, his school will be offering six-month courses on psychology, survival and 'practical work' to improve oneself.

Bean appears to have established a satellite community in an attempt to cultivate meaningful lives. He appears to espouse the view that Man is an unfinished creature who can only be completed by his own conscious efforts. He may be charged with an excess of idealism but he does appear to be doing something to combat the psychological nihilism which pervades so much of present day society. In fact, it is refreshing to find someone who appears to be taking ideas seriously. The problematic question is probably whether or not his

school will be able to survive to influence conventional values to any positive extent. Or perhaps in another form the question may be - "Can Northern Ontario tolerate a mild dose of culture shock?"

Pat Burns
Ron Boivin

LA MONTEE '75

LA MONTÉE '75

"48 grenouilles dans l'étang..." That was the voice of Laurentian as we arrived at the foot of Mount Orford during the annual Montée St-Benoît.

This year, La Montée was held October 3, 4 and 5 and as usual universities from all over Ontario, Quebec and even New Brunswick got together for a weekend of deep human encounter and a lot of fun too!

The theme for this year was "Grow your own tree". During the whole weekend of hiking we were brought to ponder on the meaning of this. And to make the theme more concrete, the weekend culminated in a celebration at the monastery of St-Benoît-du Lac where each university contributed earth from "back home" in order to plant a tree.

Laurentian soon became famous

for its (almost) continuous and enthusiastic singing and of course for its gold T-shirts with the theme inscribed on them. That was quite a hit with the others!

During the whole weekend a deep feeling of fraternity and love reigned everywhere. It was an occasion to open up to others to communicate and to understand oneself a bit better.

La Montée St.-Benoît is an experience worth remembering and definitely worth living. It feels good!

WAGE AND PRICE CONTROL

The NDP caucus voted unanimously today to oppose as unfair and of too narrow scope the government's new economic proposals of wage and price restraint.

John Rodriguez, NDP Nickel Belt, says the proposals exclude any but a perfunctory measure of interest rates given on unemployment and housing. "The government is again using labour as a scape goat," he said. "Its premise is that labour causes inflation. So while the regulations for business are very general, the regulations for labour are quite stringent."

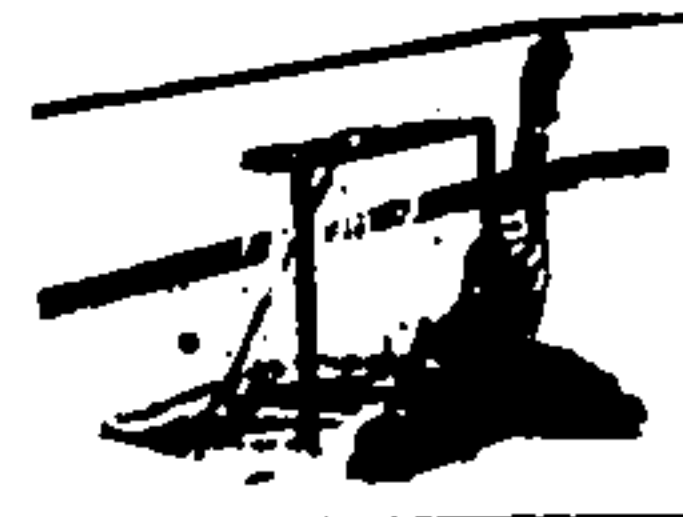
He said that while wage increases will not be able to exceed 10% prices will continue to rise. The new proposal will deal with price increases

only after they occur by regulating profits. But he added large multi-nationals are adept at manipulating revenues above the accepted levels of profits to their own benefit. "They will find ways of avoiding the purpose of the legislation," he said.

"If the bill introduced to the House on Thursday reflects these proposals, our party will use all our means and power to stall it." "Means at our disposal," he said "include introducing amendments, and making speeches." "We will make every effort to see that the bill becomes fairer and more comprehensive," he said.

"These new economic proposals," he concluded, "will only aggravate unemployment and unrest in the labour force."

sports



Hockey underway

"He shoots...he scores" time is here again.

Laurentian University Voyageurs, pride of the varsity's icicle set, open their 1975-76 OUA hockey schedule Sunday afternoon at Sudbury Arena against Royal Military College Redmen. Game time is two o'clock.

Voyageur coach Bepi Polano and assistant coach John DeDiana have just finished pouring a group of hockey players into a cast in hopes that 18 games will be enough time for the mould to harden.

It took Polano and DeDiana three weeks and one exhibition game to decide on the optimal ingredients for that mould. They started with 58 players pared that to 35 by the end of the first week of training camp and then gradually whittled away at the roster to arrive at the allowable 20 man limit.

In the exhibition game V's received all four of their goals from the defence as they defeated Canadore Community College from North Bay 4-1 at the Sudbury Arena last Sunday.

Two goals by Glen Furgoch and one each by Dan Cuomo and Elmer Debenedet summarized Laurentian's scoring as the hosts outshot their visitors 39-27. The teams were tied 1-1 after the first period and Voyageurs led 2-1 after two on Cuomo's game-winner.

Furgoch and Debenedet were outstanding two ways for the Voyageurs. The best forward on the ice was rookie Norm Ethier who played left wing on a line with returnee Moe Martel at centre and rookie Peter Thibault on the right side the most effective unit

up front.

Laurentian outshot Canadore 20-9 in the first period but could score only once because of the brilliant play of visiting goaltender Jack Sinclair. Laurentian also received fine goaltending from returnee Lou O'Hara, who made 15 saves in the first two periods, and rookie Dan Ranich who was unbeatable while facing 11 drives in the third period.

Polano and DeDiana want players who can do more than shoot...they also want them to score, as the saying goes. In the game against Canadore, the V's displayed that quality.

One forward who fits the qualifications and is practising with the Voyageurs is, get this, Jim Pappin. No, Pappin isn't enrolled at Laurentian University. He's merely trying to stay in shape while his NHL status, muddled by a trade from Chicago to California is clarified.

Polano and DeDiana are predicting speed and good defence from the V's this season. Beyond that, they are offering no predictions.

The final club roster was not available at the time of this writing. However, here is an educated guess at players who likely have a Voyageur future.

After all, if you can't make an educated guess on a university campus, where can you?

RETURNEES

FORWARDS: Tim Armstrong, Al Hamill, Bob Sidey, Tom Blake, Jim Hanson, Moe Martel, Peter Kallio, Gil Gasparini, Bill Best (after-Christmas eligibility).

DEFENCEMEN: Denis Gazdic, Glen Furgoch, Dan Cuomo, Dave Chalk. GOALTENDERS: Lou O'Hara, Butch O'Kafka.

NEWCOMERS

FORWARDS: Bruce Hamill, Brian Belland, Norm Ethier, Peter Thibault.

DEFENCEMEN: Elmer Debenedet, Richard Comtois. GOALTENDER: Dan Ranich.

SUMMARY OF CANADORE VS. LAURENTIAN VEES GAME

V's 4, Canadore 1

First Period

1. Voyageurs, Furgoch (B. Hamill Belland) 14:32; 2. Canadore, Deschene (Danyluk, Demarco) 19:47. Penalties -- Belland V 0:13, Christie C 5:41, Debenedet V 11:04, Stoskiewkz C 14:00, Demarco C 15:24, Hanson V 17:33.

Second Period

3. Voyageurs, Cuomo (Ethier Debenedet) 17:45. Penalties -- Armstrong V 0:22, Belland V 0:45, Laframboise C 4:24, Coulas C 6:00, Belland V 8:10, Laframboise C 10:40, Debenedet V 11:18, Danyluk C 12:18, Belland V, Hamill, McMillan C (double minors), Stanton C 16:38, Comtois V, Button C 19:24.

Third Period

4. Voyageurs, Debenedet (Jones, Hanson) 11:00; 5. Voyageurs, Furgoch (Comtois, McDonough) 19:29. Penalties -- Canadore, too many men. 0:45, Cuomo V, Deschene C (minor majors, game misconducts) 2:50, Belland V, Danyluk C 6:12, Danyluk C 13:12, Stanton C 17:54.

Shots on Goal

Canadore	9	7	11	--	27
Voyageurs	20	6	13	--	39

Goaltenders -- Sinclair, Decaire, Canadore; O'Hara, Ranich, Voyageurs.

SPORTS CALENDAR

HOME

Hockey:
Sunday, Oct. 26 - Royal Military College at Laurentian University Voyageurs. 2 p.m. at Sudbury Arena.

Basketball:
Saturday, Oct. 25 - Laurentian University at Physical Education Gymnasium.

AWAY

Soccer:
Saturday, Oct. 25 - Laurentian University Voyageurs at Brock University.

Field Hockey:
Saturday and Sunday, Oct. 25-26 - Laurentian University Vees at University of Toronto for an OWIAA championship tournament, first half.

INTRAMURAL REPORT

The football fanatics who play for fun at Laurentian University, are now at mid-season form. So far, Physical Education is the class of the flag footballers while Huntington is showing the way for the powder-puffers.

MEN'S FOOTBALL

The flag football schedule began Oct. 7 with a big triple-header. U of S and Huntington 2nd battled to a scoreless tie in the season opener. In the second game, U.C.I managed to hold onto an eight-point lead to shut out Huntington 3rd 8-0, while Physical Education ramblod to a 27-0 rout of Thorne-loe in the finale.

In games Oct. 9 U.C. II came up the victor in its season opener, wiping Thorne-loe 34-0. Phys Ed humbled U of S 26-0 and Huntington 3rd squeaked past their second floor neighbours 1-0.

Thorne-loe continued its infamous scoreless streak Oct. 14 suffering a 28-0 shutout at the hands of U.C. I with Jamie Morton picking up two majors to lead the U.C. offence. U of S edged Huntington 3rd 7-0 and PhysEd beat U.C.II by the same score later in the evening.

That set the stage for a showdown between PhysEd and U.C.I. Both entered their game Oct. 16 undefeated.

When it was all over PhysEd had emerged with a narrow 7-6 victory by virtue of a successful convert attempt. In last Thursday's second game, U.C.II

held on for a 6-2 win over Huntington 2nd while U of S moved into sole possession of second place bombing scoreless Thorne-loe 35-0 in the third match-up.

Following are the standings after games of Oct. 16:

	GP	W	L	T	PTS
Phys Ed	4	4	0	0	9
U of S	4	2	1	1	5
U.C. I	3	2	1	0	4
U.C. II	3	2	1	0	4
Huntington 3rd	3	1	2	0	2
Huntington 2nd	3	0	2	1	1
Thorne-loe	4	0	4	0	0

WOMEN'S POWDER PUFF

For all you powder-puff fans the first half of the season's schedule is over and Huntington is the only unbeaten, untied team.

Huntington defeated U.C. 6-0 on Oct. 6, Huntington then beat U of S 12-6 Oct. 8 and U of S and U.C. battled to a 14-14 tie Oct. 15.

The second half of the schedule is identical to the first half with games ending Oct. 27. Playoffs will consist of a semi-final game between second and third place teams, with the winner meeting the first place team for the powder puff championship.

Following are the standings after games played Oct. 15:

	GP	W	L	T	PTS
Huntington	2	2	0	0	4
U.C.	2	0	1	1	1
U of S	2	0	1	1	1

BASKETBALL

The basketball version of the Laurentian University Voyageurs goes on display for the first time Saturday evening when they hit the Physical Education court at 8:15 for their annual intrasquad match.

And it appears Heartbreak Hotel, the basketball soap opera associated with this year's highly-competitive training camp will have a semi-happy ending.

Laurentian University Voyageur coach Ken Shields has indicated he will redshirt returnees Mike Mulvihill and Peter Domengoni in chiseling his roster down to the necessary 12-man limit for the OUAA regular season.

Redshirt is a college term meaning Mulvihill and Domengoni will practise with the V's but will not be used in the regular lineup unless injuries or poor play on the part of the varsity 12 necessitates it.

cont. on page 13

\$33,500,000 Unclaimed Scholarships

Over \$33,500,000 unclaimed scholarships, grants, aids, and fellowships ranging from \$50 to \$10,000. Current list of these sources researched and compiled as of Sept. 15, 1975.

UNCLAIMED SCHOLARSHIPS

11275 Massachusetts Ave., Los Angeles, CA 90025

☐ I am enclosing \$9.95 plus \$1.00 for postage and handling.

PLEASE RUSH YOUR CURRENT LIST OF UNCLAIMED SCHOLARSHIPS SOURCES TO:

Name _____
Address _____
City _____ State _____ Zip _____
(California residents please add 6% sales tax.)



New STiMULA - a superior contraceptive designed for a man... with a woman in mind

Stimula[®] is different. Stimula's delicately textured surface offers a difference we think you'll both appreciate. Stimula... a new and unique experience in sensitivity, and protection. Buy it and try it.



Fill in this coupon, tape 25c below for handling and mail it to us. We'll send you a trial package of Stimula[®] together with our informative booklet on family planning. Let's be practical about the condom.

STIMULA TRIAL OFFER NAME _____ ADDRESS _____

Mail to: Searle Pharmaceuticals, Oakville, Ontario L6H 1M5

25c

Contracept

- Thin yet strong,
in a shape
designed for a
close, comfortable
fit.



Prime

- Sensitivity
and strength
in a
'traditional'
shape.



Each condom lubricated with a satiny, "dry" lubricant. Each electronically tested to assure the highest quality. Look for them on display at your drugstore, or ask your pharmacist for further information.

from

SEARLE

Innovators in
family planning



Soccer Vees

Laurentian University Voyageur soccer coach Greg Zorbas played musical players last Saturday. The tune turned out to be a victory song.

Zorbas shuffled his lineup considerably in hopes of injecting more potency in an offence which had scored only 11 goals in eight games. The move blossomed favorably as V's had their most productive afternoon of the OUAA season defeating York University Yeomen 5-2 on the LU pitch.

The win was Laurentian's fifth of the season against two losses and two ties, preserving an outside chance for the V's to qualify for the sudden-death OUAA playoff final. Voyageurs wind up the regular season this Saturday in St. Catharines when they visit winless Brock University.

The most drastic maneuver by Zorbas against York paid handsome dividends. Zorbas plucked experienced Vic Pessot from his goal crease and inserted him into the Voyageur's forward line.

It was Pessot's first look at action in the opposition goal crease but he played like a seasoned veteran. As a matter of fact, Pessot put the V's ahead 3-0 at the 35-minute mark of the first half and his goal proved to be the winner.

cont. from page 12

"Vic made a big difference up front," Zorbas agreed afterwards. "He's a hungry player, and he was all over the field setting up plays."

"He's never played forward before in college competition but I got the idea this week," added Zorbas. "He kicks the ball so well, I thought he'd help us score some goals. So I tried him a couple of times at practice and decided to go with him at forward."

Ted Domalewski ended Laurentian's two-game scoreless string (accumulated in a pair of 1-0 losses to Western and Waterloo) by beating York goal tender Ian Dawson at the 25-minute mark. Mike Czerwinec made it 2-0 five minutes later with his fifth goal of the season, and then Pessot widened the lead.

MacMusabay broke the shutout bid of Laurentian's rookie goaltender Andre Mrozewski, filling for Pessot, just before the halftime break.

Czerwinec and Domalewski provided Voyageur insurance in the second half with their second goals of the game. Luciano Perfetti with his sixth of the season booted the other York goal.

Czerwinec also has six goals this season which puts him among the OUAA leaders along with Perfetti, and big Mike

still has a shot at Brock to pad his total. The goals for Domalewski were his second and third of the season.

"Mike was very aggressive to the ball, and Ted played a lot more offensive-minded," offered Zorbas. "I worked with Ted last week and decided to take more advantage of his shot. He has a real good one... his first goal came from almost midfield."

"Everybody played well today," said the V coach. "It's strange but we have never lost to York in seven years of competition and have beaten them in three championship games. I'd say we have their number."

"We knew York had some good forwards so we just tried to keep the ball away from them by moving it up to our forwards quickly. York leads the conference in goals with 24 but we outscored them today (Saturday)," added Zorbas.

"Now we have to go into Brock, beat them convincingly and hope for the best," he concluded. "If we get a tie for second spot, it will be decided by for and-against totals so we need goals."

In that case, it's almost a sure bet Zorbas will stand pat with his shuffle up front. Who knows...hustling Vic Pessot might become a forward permanently.

BASKETBALL CONT.

"That's one of the toughest decisions I've ever had to make," admitted Shields. "There were four players who were so close in talent, we could have easily kept 14 and alternated people in the last two spots in the lineup."

"But then it's difficult to keep players in that context," added Shields. "We feel the course we've taken is the best one to all concerned."

That means four rookies have cracked the V's varsity lineup. They are guard Clare Campbell, forwards Ken Leask and Tino Colussi, and centre Reni Dolcetti.

Returnees who survived the cutting deadline are guards Mike Heale, Guy Vetrie, Pat Signorotti, Mark Bennett, Jeff Atwood, forwards Jeff Bennett and Al Tekoniemi, and centre Paul Mousseau.

After the intense competition of training camp, pressure should come easy to the Voyageurs this season. Their regular schedule begins Nov. 7 and 8 on the road against Western and York, and there is always more pressure on opposition floors.

SPORT PARACHUTING

Anyone interested in participating in sport parachuting may attend a general meeting at the Physical Education Building on Oct. 28. Time: 7:00 p.m. Room: B264

SGA MOVIE

THE LONGEST YARD

STARRING BURT REYNOLDS

FRIDAY, OCTOBER 24th- 7 and 9pm

FRASER AUDITORIUM

ADMISSION - \$1.00

LAURENTIAN LADIES EXHIBIT

PROWESS IN FIELD HOCKEY

University of Toronto men's track and field team achieved its grand slam despite a convincing pitch from highballing Victor Gooding a quick young sprinter from Queen's University.

Toronto won its fourth consecutive Ontario Universities Athletic Association championship last Saturday at Laurentian Stadium, edging Queen's 183-171 and providing some exciting performances despite the cold windy weather. Individually the Toronto athletes were upstaged by Gooding however.

Gooding set two records all by himself and also helped Queen's to a record-breaking performance in the 4 x 400 metre relay to earn the honor as the outstanding performer at the OUAA championship. Gooding ran the 100 metres in 10.7 seconds, knocking one tenth of a second off the previous mark which had stood since 1970 and covered the 200 metres in 21.6 seconds wiping out the previous record time of 21.9 seconds.

The Queen's relay time for the 1,600 metres was three minutes 18.9 seconds and Gooding's contribution on the third leg certainly made the difference in beating the old pinnacle of 3:19.0. It was quite an accomplishment for one man in one day.

The Ontario Women's Intercollegiate Athletic Association title went to McMaster...in

a literal runaway. The McMaster gals compiled 114 points and Toronto was the next closest with 53. Seven records fell at the meet in all with the other four new marks provided by the women.

The Toronto men were led by Gerry Feeney who won a gold medal in the 400 metres and a silver in the 200 metres. Mike Hart won the 110-metre hurdles and finished third in the 400-metre hurdles for the winners, while distance runner Steve Findlay won the 10 000 and finished third in the 5,000.

Laurentian University's best performance came from Camille Deschenes in the men's 200 and 400 metres. Deschenes won the silver medal in the 400 in a time of 49.7 seconds behind Feeney and placed fourth in the 200 in 22.1.

After the meet Laurentian coach Ron Wallingford said "I was extremely pleased with Camille's performance. You must remember he's a freshman competing against some of the top experienced runners in the country and he did very, very well."

Other Laurentian women to score were Diane Labonte and Millie Wood who finished fifth and sixth respectively in the javelin. The women finished eighth out of eight schools in their division.

McMaster received a great individual performance from Sue Summers in winning the

women's crown. She set a new OWIAA record in the 200 metre hurdles with a time of 28.8 seconds, clearly erasing the old mark of 30.4. She also won a gold medal in the 110 metre hurdles and finished second in the long jump again quite an accomplishment for one athlete in one day.

Sharon Trapp was also a leader in McMaster colors. She won a gold medal in the 400 metres and finished second in the 200 metres. As well, she was part of the McMaster relay team which set a new OWIAA record in the 4 x 100 metre relay with a time of 50.2 seconds, one second under the previous mark.

Toronto's strongest thrust came from Bev Kratoski who won the 200 metres finished third in the 400 metres and was a member of the 4 x 400 metre relay team which established a new record of 4:03.1, beating the former record by 0.1 seconds.

Another fine effort came from University of Waterloo's Barb Chitovas. She set a record in the javelin with a throw of 43.20 metres more than two metres past the previous standard, and also finished second in the discus and shot put.

The cool temperatures obviously did not put a chill on the athletes' performance. And it was Toronto and McMaster representatives who generated more heat than the rest.

WOMEN'S FIELD HOCKEY

Laurentian University Vees field hockey team gets down to serious business this weekend at the University of Toronto. Their credentials say their business venture should be a success.

Toronto is the site of the first of two OWIAA championship tournaments with games scheduled for both Saturday and Sunday. The second tournament will be held Oct. 31 and Nov. 1 at York University, with the OWIAA champion decided by accumulative points from the two competitions. does this work????

Vees won the only prep tournament involving OWIAA clubs when they stickhandled undefeated through an eight-team competition at Guelph three

weeks ago.

On that occasion, Vees scored nine goals and allowed only three while beating Trent, Queen's, York and Toronto.

Peggy Barlow emerged as Vees' number one offensive threat when she scored eight of the nine goals. Sue Swain scored the other.

The roster which carries Laurentian's hopes into the OWIAA tournaments includes: Angie Moss, Judy O'Gorman, Mary McLellan, Maria Ventura, Millie Wood, Diana Forbes, Sue Swain, Jo Ann Rowe, Peggy Barlow, Mary Ellen Swanson, Krys Grygorcewicz, Elaine Augry, Pat Pickard (coach), Judi Rice (coach), and Sue Martel (manager).

If you'd
like to know
about us,
We'd like
to know
about you!

Meet us on campus
October 31.



CANADIAN IMPERIAL
BANK OF COMMERCE

STUDENTS' GENERAL ASSOCIATION

BY - ELECTION

THERE ARE VACANCIES IN THE FOLLOWING CONSTITUENCIES
FOR THE REMAINDER OF THE YEAR 1975-1976

University College	3
Huntingdon College	2
School of Social Work	1
School of Nursing	1
School of Physical and Health Education	1

NOMINATIONS WILL BE ACCEPTED UNTIL FRIDAY OCTOBER 31 1975
AT THE SGA OFFICE ROOM G9 STUDENT STREET.

TO QUALIFY AS A REPRESENTATIVE YOU MUST BE A MEMBER OF
THE SGA, AND A MEMBER OF THE CONSTITUENCY YOU WISH TO
REPRESENT. FURTHER INFORMATION IS AVAILABLE AT THE SGA
OFFICE. FORMS ARE ALSO AVAILABLE HERE.

IF ELECTIONS ARE NECESSARY, THEY WILL BE HELD ON THURSDAY NOVEMBER 6th.

